

What is claimed is:

1. A method for introducing nucleic acid into a cell, comprising:  
 contacting the cell with a nucleic acid; and  
 applying a low electrical field impulse for a long pulse length,  
 wherein the impulse is of sufficient duration and strength to  
 introduce the nucleic acid into the cell.
2. The method of claim 1, wherein the introducing is *in vivo*.
3. The method of claim 1, wherein the introducing is *in vitro*.
4. The method of claim 1, wherein the low electrical field impulse is from  
 about 300-600 volts per centimeter.
5. The method of claim 4, wherein the low electrical field impulse is from  
 about 400-500 volts per centimeter.
6. The method of claim 1, wherein the electrical impulse is applied over  
 about 10 to 100 milliseconds.
7. The method of claim 1, wherein the electrical impulse is applied over  
 about 50 to 75 milliseconds.
8. The method of claim 1, wherein the electrical impulse is selected from the  
 group consisting of a square wave pulse, an exponential wave pulse, a  
 unipolar oscillating wave form of limited duration, an a bipolar oscillating  
 wave form of limited duration.
9. The method of claim 1, wherein said electrical impulse is comprised of a  
 square wave pulse.
10. The method of claim 1, wherein the electrical impulse applied is from  
 about 1 to 10 electrical pulses.
11. The method of claim 1, wherein the nucleic acid is supercoiled.

12. The method of claim 1, wherein the nucleic acid is endotoxin-free.
13. The method of claim 1, wherein the contacting occurs in the presence of a media for cell growth supplemented with calf serum.
14. The method of claim 13, wherein the calf serum is fetal calf serum.
15. The method of claim 13, wherein the media is supplemented with 2% fetal calf serum.
16. The method of claim 1, wherein said applying occurs at a temperature of about 2 to 10°C.
17. The method of claim 1, further comprising incubating the cell at about 37°C.
18. The method of claim 17, further comprising incubating the cell in a media containing a member of the group selected from calf serum, fetal calf serum, growth factors, and antibiotics.
19. The method of claim 1, wherein the cells are nondividing cells.
20. The method of claim 1, wherein the cells are dividing cells.
21. The method of claim 1, wherein the cells are hematopoietic cells.
22. The method of claim 21, wherein the cells are stromal cells.
23. A method for introducing polypeptide into a cell, comprising:  
contacting the cell with a polypeptide; and

applying a low electrical field impulse for a long pulse length, wherein the impulse is of sufficient duration and strength to introduce the polypeptide into the cell.

24. The method of claim 23, wherein the introducing is *in vivo*.
25. The method of claim 23, wherein the introducing is *in vitro*.
26. The method of claim 23, wherein the low electrical field impulse is from about 300-600 volts per centimeter.
27. The method of claim 23, wherein the electrical impulse is applied over about 10 to 100 milliseconds.
28. The method of claim 23, wherein the cells are nondividing cells.
29. The method of claim 23, wherein the cells are dividing cells.